

Overview Supplement

Healthful Living™ Diabetes Care Management Program

Disease State Overview

Diabetes, a disease in which the body is unable to properly use and store glucose (a form of sugar), is a widespread condition, with about 20.8 million Americans, 7 percent of the population, coping with it. Each year, 1.3 million people are diagnosed with diabetes, and an estimated 6.2 million, 29 percent, are undiagnosed. The average annual healthcare costs for a person with diabetes is \$13,243 vs. \$2,560 for people who do not have it. Further, the medical and disability costs associated with complications from diabetes, which include blindness, kidney damage, and lower-limb amputations, may be as much as \$15,000 per person annually. Studies also show that lifestyle modifications, such as weight management, adequate exercise, proper diet, and stopping smoking, can delay disease progression, prevent or manage complications, reduce adverse medication effects, increase employee productivity, and reduce mortality.

Program Goals

The Healthful Living™ Diabetes Care Management Program, developed in collaboration with Joslin Diabetes Center, is designed to educate members about their condition, increase adherence to their treatment plan, and thereby help reduce the potential risk of related health complications and the resulting healthcare utilization. Joslin Diabetes Center is the foremost diabetes research, clinical care, and education center in the world. The Diabetes Program is unique in that it helps empower members to manage their condition through varying levels of intervention. The program is based on a risk stratification model, which allows participants to be proactively monitored and served according to their changing needs. Members are stratified into one of three levels to receive the degree of care identified as the most appropriate for their current level of risk. Clinical indicators, including A1C, complications, healthcare and prescription utilization, and past medical history are analyzed to stratify participants into low, moderate, or high levels of intervention.

Member Interventions

In addition to the available counseling-based member interventions, this program offers the following patient education materials:

- **Diabetes—An Overview:** Provides an overview of the program and the diabetes healthcare team, healthy eating and exercise, medical checkups, blood glucose monitoring, and complication risks
- **Diabetes—Medications and Monitoring:** Includes education on appropriate medication use, insulin injection technique, what to do when blood glucose is too high or too low, and much more
- **Taking Control of Your Diabetes:** Includes information on portion control, meal planning, snack selection, personal goal setting, and much more
- **Reducing Your Health Risks:** Includes information on ways to reduce fat intake, high blood pressure, foot care, gestational diabetes, emotional help, and much more
- **Diabetes Complications Head to Toe:** Includes information on diabetes' effect on the nerves, the kidneys, the eyes, and much more
- **Living Better With Diabetes:** Includes information on quitting tobacco use, being confident about controlling diabetes, exercising for better health, and much more

Physician Education

Participating members' physicians are provided with communication and education, including:

- An introduction to our program and their patients who have enrolled
- Joslin Clinical Guidelines for Diabetes

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